

Safety Matters

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Safeguards for Snowplow Safety

Quick and efficient snow removal is essential at any workplace, as snow buildup can present hazards to employees, drivers and pedestrians. That's where snowplows can help. Yet, this equipment carries safety risks of its own. If you are responsible for operating a snowplow on-site, consider these tips:

- Begin a pass by starting to move and then dropping the blade. Come to a stop as you approach the end of your pass. Do not let the snowplow slam full speed into already piled snow.
- Raise the blade before positioning the vehicle for another pass. Always wear your seatbelt no matter where you are plowing. Hidden objects could cause the snowplow to stop suddenly.
- Turn around and observe your surroundings while driving in reverse. Don't solely rely on the snowplow's mirrors.
- Make sure you know where you are going to pile the snow before you start.
- Don't pile snow near mailboxes, fire hydrants, electrical boxes or dumpsters. If there is traffic in the area, be especially careful of people and other vehicles.

Moving snow can be strenuous, whether you use a shovel or a snow blower...particularly because cold weather can be taxing on the body. There is a potential for exhaustion, dehydration, back injuries, or heart attacks. During snow removal, in addition to following the tips for avoiding cold stress, such as taking frequent breaks in warm areas, there are other precautions workers can take to avoid injuries.

February's Riddles

(answers on page two)

1. What's Cupid's favorite band?
2. What do you call two birds in love?
3. What did the full glass say to the empty glass?
4. What's the opposite of artificial intelligence?
5. What's a foot long and slippery?



If using a snow blower, use the following tips to avoid a mishap:

- Always start your snow blower outside, never in the garage, in case of fire, explosion or carbon monoxide poisoning
- Before it snows, clear objects from your driveway that might become projectiles, such as rocks
- If using an electric-powered snow blower, choose a path away from the cord.
- If the blower gets jammed, turn it off and use a shovel or rake handle to clear the jam, never your hand
- Keep your hands away from all moving parts
- Do not drink alcohol and use the snow blower
- Be proactive and wear personal protective equipment (goggles, safety glasses, and gloves)
- Refuel your snow blower when it is off and cooled down, never when it is running

When using a snowplow to clear snow on-site, it's important to pay attention to your surroundings and not sacrifice safety for speed.

Safety Focused

Tips for Preventing Back Injuries in Physical Labor Workers

The demand for physical labor workers has increased in this US market, and while the workload increases, so does the risk of injury. In a fast-paced environment, safety protocols can quickly be overlooked.

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Consider the following injury statistics:

- According to the U.S. Bureau of Labor Statistics, there were **28,110 nonfatal** workplace injuries or illnesses among physical labor workers involving days away from work in 2020.
- **8,240** of the workplace injuries involving physical labor workers were sprains, strains or tears.
- **3,880** of physical labor workers experienced back injuries in 2020.

Keeping your employees safe and healthy is vital for improving workplace morale, productivity and retention. Here are four tips to help prevent back injuries among retail workers:

1. Identify risk factors —

Pay attention to tasks that require physical effort, repetitive motions, awkward or static positions and contact stress, as these factors increase your employees likelihood of experiencing an injury.

2. Provide support —

Have open conversations with your employees about their tasks and responsibilities. Provide injury prevention resources, assign safety responsibilities to your employees and follow-up to ensure safety responsibilities are being met.

3. Engage employees —

Ask your employees to submit safety suggestions and concerns, identify workplace hazards and report workplace injuries and near misses.

4. Address injury reports —

Investigate injuries and near misses. Locate the root cause of the injury and implement solutions to prevent similar injuries from occurring again.

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Riddle Answers

1. Kiss!
2. Tweethearts!
3. You look drunk
4. Natural stupidity
5. A Slipper